

# #SELday



The Maine Department of Education and The Office of School & Student Supports recognizes how difficult the past few years have been on every Maine educator, support staff and student in our schools. On Friday March 11, 2022 educators, community partners and families across the globe will collectively take a few moments to intentionally build a greater awareness for the importance of social emotional learning for helping to cultivate a strong sense of Humanity. As educators, we are instrumental in helping grow “Good Human Beings” teaching from the “Heart ~ Brain” connected place, building strong sense of Self Awareness, Self Management, Social Awareness, Relationships and helping to Make Responsible and Reasonable Life Decisions. Many of you already access our SEL4ME program. A comprehensive PreK-12<sup>th</sup> grade library of CASEL aligned and trauma informed lessons to help children learn all aspects of SEL. We’ve also provided for you ~ a list of easily accessible links to elementary read alouds, mindfulness activities and positive affirmations to embed into your lesson plans to help you structure your lesson plans around SEL DAY.

We are so grateful to your dedication and steadfastness to your profession and your love and commitment to your students.

We are proud to serve and support you~

*Kellie D. Bailey MDOE SEL Specialist*

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The Theme for Maine DOE SEL International Day 2022

Growing Our Self Awareness

CASEL defines Self Awareness as :**The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.** This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

This table Provides Suggested Links to Grade Level Read Aloud Books in SEL and Mindfulness as well as SEL/Mindfulness Activities to support you and your students in your celebration of SEL International Day 2022

Grade	READ ALOUD RESOURCE	SEL RESOURCE	MINDFULNESS RESOURCE
Pre-K	<p>The Feelings Book  <a href="https://www.youtube.com/watch?v=sBFbQ70AJjs">https://www.youtube.com/watch?v=sBFbQ70AJjs</a>            Positive Affirmations  <a href="https://www.youtube.com/watch?v=gtR8JWaUBu8">https://www.youtube.com/watch?v=gtR8JWaUBu8</a>            My Very Own Space  <a href="https://www.youtube.com/watch?v=wKahCLinZHc&amp;list=P LXANIOdHvc0l4vSxusxm4iOOK9vOCm_a7">https://www.youtube.com/watch?v=wKahCLinZHc&amp;list=P LXANIOdHvc0l4vSxusxm4iOOK9vOCm_a7</a></p>	<p>MDOE PreK for ME Sample SEL Schedule  <a href="https://www.maine.gov/doe/sites/maine.gov.do/files/inline-files/Sample%20Daily%20Schedules%20.pdf">https://www.maine.gov/doe/sites/maine.gov.do/files/inline-files/Sample%20Daily%20Schedules%20.pdf</a></p>	<p>16 Mindful Activities for PreK Early Impact  <a href="https://earlyimpactlearning.com/16-mindfulness-activities-for-preschoolers/">https://earlyimpactlearning.com/16-mindfulness-activities-for-preschoolers/</a>            Provide a "Breathing Buddy" a small stuffed animal and invite your students to lay on the floor with the Breathing Buddy resting gently on their bellies and breath in and out while listening to quiet music noticing the rise and fall of the buddy with each in and out breath. 😊</p>

K	<p>The Way I Feel  <a href="https://www.youtube.com/watch?v=ITPUxVQ6UIk">https://www.youtube.com/watch?v=ITPUxVQ6UIk</a>  A Little Spot on Feelings  <a href="https://www.youtube.com/watch?v=YC3SQnoggjM">https://www.youtube.com/watch?v=YC3SQnoggjM</a></p>	<p>SEL4ME Self-Awareness How we Feel and Why  <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a></p>	<p><a href="https://www.education.com/download/worksheets/171982/mindfulness-feelings-cards.pdf">https://www.education.com/download/worksheets/171982/mindfulness-feelings-cards.pdf</a>  Consider also simply laying on the floor and belly breathing for a few quiet moments 😊</p>
1 <sup>st</sup>	<p>Some Days  <a href="https://www.youtube.com/watch?v=v8trrJmRHIY">https://www.youtube.com/watch?v=v8trrJmRHIY</a>  Ruby's Worry  <a href="https://www.youtube.com/watch?v=VCyiiHI2SJU">https://www.youtube.com/watch?v=VCyiiHI2SJU</a></p>	<p>SEL4ME Self-Awareness Your Emotions are Showing  <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a></p>	<p><a href="https://www.education.com/download/worksheets/174166/range-of-emotions.pdf">https://www.education.com/download/worksheets/174166/range-of-emotions.pdf</a>  Consider inviting your students to pay attention on purpose to their emotions, sitting quietly notice what emotion they are feeling and where are they feeling that emotion in their body- invite them to draw this emotion if they wish 😊</p>
2 <sup>nd</sup>	<p>When Worry Takes Hold  <a href="https://www.youtube.com/watch?v=io4TUSai5zQ">https://www.youtube.com/watch?v=io4TUSai5zQ</a>  I Like Myself  <a href="https://www.youtube.com/watch?v=HVP8DtaWUVo">https://www.youtube.com/watch?v=HVP8DtaWUVo</a></p>	<p>SEL4ME Self-Awareness The Sound of Emotions  <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a></p>	<p>Just Breathe Mindfulness video  <a href="https://www.youtube.com/watch?v=RVA2N6tX2cg">https://www.youtube.com/watch?v=RVA2N6tX2cg</a>  Invite Mindful Breathing 3-5 times today</p>
3 <sup>rd</sup>	<p>The Bad Mood and The Stick  <a href="https://www.youtube.com/watch?v=NjryYgc_eAQ">https://www.youtube.com/watch?v=NjryYgc_eAQ</a></p>	<p>SEL4ME Self-Awareness What Triggers Our Emotions  <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a></p>	<p>Go Noodle – Face Your Day  <a href="https://www.youtube.com/watch?v=O29e4rRMv4">https://www.youtube.com/watch?v=O29e4rRMv4</a>  Go Noodle- Melting (Relaxing your frozen feeling)</p>
4 <sup>th</sup>	<p>Today I'm a Monster  <a href="https://www.youtube.com/watch?v=NjryYgc_eAQ">https://www.youtube.com/watch?v=NjryYgc_eAQ</a></p>	<p>SEL4ME Self-Awareness Why Do Mixed Feelings Happen  <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a></p>	<p>Body Scan for Kids  <a href="https://www.youtube.com/watch?v=9A0S54yAgEg">https://www.youtube.com/watch?v=9A0S54yAgEg</a>  Let it Go – Relaxation Song (let you eyes close, let your body feel heavy)  <a href="https://www.youtube.com/watch?v=-Gj76Ma8zLU">https://www.youtube.com/watch?v=-Gj76Ma8zLU</a></p>
5 <sup>th</sup>	<p>Some Days I Breathe on Purpose  <a href="https://www.youtube.com/watch?v=7-SXE0mHBPs">https://www.youtube.com/watch?v=7-SXE0mHBPs</a></p>	<p>SEL4ME Self-Awareness I'm Feeling A Little Nervous  <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a></p>	<p>Mindful Grounding Practice= Zafu's Quest  <a href="https://www.youtube.com/watch?v=8GwBEVmbMHY">https://www.youtube.com/watch?v=8GwBEVmbMHY</a></p>

6 <sup>th</sup>	Some Days I Flip My Lid- <a href="https://www.youtube.com/watch?v=qExgmMeQk3s">https://www.youtube.com/watch?v=qExgmMeQk3s</a>	SEL4ME Self-Awareness Your Brain, Body & Strong Emotions <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a>	Kids Want to Know – Video explaining What happens when we flip our lids and lose our cool- <a href="https://www.youtube.com/watch?v=3bKuoH8CkFc">https://www.youtube.com/watch?v=3bKuoH8CkFc</a> Practice the Hand Brain Model 😊
7 <sup>th</sup>	TED XYouth <a href="https://www.youtube.com/watch?v=JYr-qV0hcbQ">https://www.youtube.com/watch?v=JYr-qV0hcbQ</a>	SEL4ME Self-Awareness Going Full Throttle: Recognizing How Emotions Fill Up or Empty Our Fuel Tanks <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a>	<a href="https://www.mentalup.co/blog/mindfulness-activities-for-teens">https://www.mentalup.co/blog/mindfulness-activities-for-teens</a> <a href="https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/">https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/</a>
8 <sup>th</sup>	Middle School- Can I Just Stop . TED TALK <a href="https://www.youtube.com/watch?v=mUL7rkM-iQ">https://www.youtube.com/watch?v=mUL7rkM-iQ</a> You Tube- What is Self Awareness <a href="https://www.youtube.com/watch?v=k-J2Tcqhd0">https://www.youtube.com/watch?v=k-J2Tcqhd0</a>	SEL4ME Self-Awareness How Do I Really Feel? <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a>	<a href="https://www.mentalup.co/blog/mindfulness-activities-for-teens">https://www.mentalup.co/blog/mindfulness-activities-for-teens</a>
9 <sup>th</sup>	Self Awareness Why We Procrastinate Ted Talk <a href="https://www.youtube.com/watch?v=WD440CY2Vs0">https://www.youtube.com/watch?v=WD440CY2Vs0</a>	SEL4ME Self-Awareness Emotions are Temporary <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a>	<a href="https://www.mentalup.co/blog/mindfulness-activities-for-teens">https://www.mentalup.co/blog/mindfulness-activities-for-teens</a> <a href="https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/">https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/</a>
10 <sup>th</sup>	Ted Talk – What is Self Awareness <a href="https://www.youtube.com/watch?v=kExkrXgxshE">https://www.youtube.com/watch?v=kExkrXgxshE</a>	SEL4ME Self-Awareness Heightened Emotional Awareness <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a>	<a href="https://www.mentalup.co/blog/mindfulness-activities-for-teens">https://www.mentalup.co/blog/mindfulness-activities-for-teens</a> <a href="https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/">https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/</a>
11 <sup>th</sup>	Ted Talk for High School Emotional Intelligence <a href="https://www.youtube.com/watch?v=MCm9AnoeltU">https://www.youtube.com/watch?v=MCm9AnoeltU</a>	SEL4ME Self-Awareness Understanding our Emotional Reactions <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a>	Self Awareness Quiz <a href="https://www.propofs.com/quiz-school/story.php?title=how-selfaware-are-you">https://www.propofs.com/quiz-school/story.php?title=how-selfaware-are-you</a>  <a href="https://www.mentalup.co/blog/mindfulness-activities-for-teens">https://www.mentalup.co/blog/mindfulness-activities-for-teens</a>

			<a href="https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/">https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/</a>
12 <sup>1</sup>	<p>Ted Talk How SEL Learning Benefits Everyone  <a href="https://www.youtube.com/watch?v=gGa9yieENKM">https://www.youtube.com/watch?v=gGa9yieENKM</a></p> <p>Ted Talk How Do You Define Yourself?  <a href="https://www.youtube.com/watch?v=QzPbY9ufnQY">https://www.youtube.com/watch?v=QzPbY9ufnQY</a></p>	<p>SEL4ME Self-Awareness  Understanding our Emotional Triggers  <a href="https://sel4me.maine.gov/">https://sel4me.maine.gov/</a></p>	<p>Self Awareness Exercise  <a href="https://www.youtube.com/watch?v=DmJpc0EiYZc">https://www.youtube.com/watch?v=DmJpc0EiYZc</a>  <a href="https://www.mentalup.co/blog/mindfulness-activities-for-teens">https://www.mentalup.co/blog/mindfulness-activities-for-teens</a>  <a href="https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/">https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/</a></p>

The Following Mindfulness Activities are Provided by Kellie D. Bailey for Educators to access for themselves or to share with middle/high school students who are interested in exploring their own Mindfulness Practices. They are pre-recorded Audio-presentations Please Enjoy

- **Mindful Breathing**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/Mindful%20Breathing%20Practice.m4a>
- **Mindful Loving Kindness**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/Love%20and%20Kindness%20Practice.m4a>
- **Candle Visualization**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/CandleVisualization.m4a>
- **Mindful Body Scan**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/MindfulBodyScan.m4a>

